

Tēnā koe Stefanie,

## A warm welcome to our latest newsletter from PADA's new Kaiwhakahaere Matua General Manager, Denise Graham.

"As the previous Fundraising Manager for PADA, and now Kaiwhakahaere Matua | General Manager, I am privileged to contribute to developing strategies that eliminate the stigma of perinatal illnesses at a national level. I want to set targets to improve our collective mental well-being. There is no health without mental health and increasing awareness will drive social change with the goal of improving the quality of care for all people experiencing all types of perinatal anxiety and depression.



Over the past 30 years, I have worked in management, leadership, and strategic planning roles within Government, NGOs, and the Corporate sectors. I have also been a small business owner. In leading a high-performing team of dedicated and passionate people, and the delivery of our services, I want to ensure that all families and whānau have equitable access to information and support. My personal values and work ethics align with working within a [Te Tiriti governance](#) relationship model and I believe in, and am committed to, the principles of Te Tiriti o Waitangi.

I look forward to our continued working relationship, hearing more about your mahi, and collaborating with you on our shared goals and values."

- Denise Graham, Kaiwhakahaere Matua | General Manager ([Learn more about Denise here](#))

PADA has delivered three wānanga this year so far, each with resounding [feedback](#). This professional development is designed for those supporting whānau in pregnancy, childbirth and early parenthood from GPs & Midwives to Community Healthcare Providers & NGOs. These also attract **6 midwifery continuing education hours**. Explore the issues, hear about research, best practice and network – strengthen your connections. [View events..](#)



**2023 WĀNANGA**  
PADA SEMINAR SERIES  
**WAIHŌPAI INVERCARGILL**

Rāapa Wednesday  
26 Āperira April 2023  
9:00am - 3:30pm  
Attracts 6 Midwifery Continuing Education Hours

   

Transgender and non-binary parents account for about 2% of the postpartum population, inclusive care providers can help reduce perinatal mental health distress for them. Come learn about gender-affirming healthcare, respectful of a person's unique sense of gender and provide support to identify and facilitate gender healthcare goals. Register now for the PADA



**2023 WĀNANGA**  
PADA SEMINAR SERIES  
**PŌNEKE WELLINGTON**  
RAINBOW INCLUSIVE PERINATAL CARE

Rāapa Wednesday - 3 Mei May 2023 - 9:00am - 3:30pm  
Attracts Midwifery Continuing Education Hours

   

## The Blue Stories Project: sharing journeys out of perinatal depression - a nationwide perinatal depression awareness campaign.



Storytelling is powerful. It communicates, it inspires, and it brings us together. The Blue Stories Project is a nationwide campaign of exhibitions, audio interviews and posters, curated to make perinatal depression more visible and to stimulate much needed conversation through storytelling.

In 2022, then PADA General Manager Treena Cooper said: "Being able to talk about perinatal distress is so important. The Blue Stories Project gives women the chance to share their journey, how they navigated through it and found their way out of it. We can empower people by sharing stories, reaching people who may need help but are too afraid to reach out. The project will also help educate communities to recognise the problem, how to support those with perinatal distress and how to access help when they need it. Taking the Blue Stories Project around Aotearoa will give the chance for all women to know they are not alone on their parenting journey." [Read more here..](#)

**"It's never going to be just sunshine and rainbows, and it doesn't have to be"** – a closer look at postnatal depression in rural communities. Guest article & photos published with permission from [Shepherdess Magazine](#).



"Carla Muller, 30, was diagnosed with postnatal depression when her daughter, now two and a half, was about eighteen months old. The diagnosis came after the two of them and Carla's partner moved to Ōhope from the remote East Cape." [Read the full article here..](#)

## From 1st to 7th May, PADA hosts the 12th annual Perinatal Mental Health Awareness Week.



Every first week in May, we share stories, information and opportunities to increase understanding and help for people suffering from mental health issues associated with the perinatal period. We raise awareness and encourage advocacy, highlighting the need for better perinatal mental health outcomes in Aotearoa New Zealand. [Get involved today!](#)

*Ngā mihi maioha ki a,  
our thanks to,  
our generous funders..*



PADA is extremely grateful to the following funders and supporters who enable us to improve outcomes for families and whānau in Aotearoa. Without their support we would not be able to deliver our much needed services throughout Aotearoa New Zealand.

**PADA Membership - receive benefits, support our mahi, help our mission!** When people like you are passionate about perinatal mental health, becoming a member helps us provide **education, networking** and **tools** for health professionals supporting new parents. Membership enables us to operate as a registered incorporated society and benefits include **reduced seminar fees, discounts** on our books and **professional affiliation**. From \$40 per year, **become a member now!**



You can make a taxable donation, check out other ways you can support PADA or check out the range of merchandise available via our website. Ngā mihi nunui, the team at PADA.

**Help PADA with our mission - Donate today!**



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(Confidential answer machine)



*We gratefully acknowledge the family, friends and work colleagues who donated funds in memory of Kristin Taylor who passed away in 2020. We have developed our new website to shine #kristinslight*

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